The Mat-Su Monitor

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The Student Newspaper of Mat-Su College, Palmer, Alaska

Experts Advise Students Not To Miss Breakfast

Scientists Say Skipping Meal Affects Academic Performance

By Jonnelle Davis
NSNS Affiliated Writer

Students might want to think twice before skipping that all-important first meal of the day, according to some scientists who study the benefits of breakfast.

Research on a group of 12-year-old boys by Dr. Ernesto Pollet while at the Massachusetts Institute of Technology showed that skipping breakfast could be linked with lower performance on certain aptitude tests.

The study consisted of a group of students with IQs varying from high to low. The students were not allowed food after dinner until 11 a.m. the next morning. After being given food, they were tested on fine motor activities and the results were compared to the students' IQ scores.

Those students with higher IQs made only a few errors, while

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Mat-Su Programs are Under Examination

School Director Glenn Massay and student government Vice President Shelia Keyser are heading up a committee to assess "C" level programs.

What this means to us as students is that some of our degree and certificate programs are being examined to determine if they need upgrading, down-grading, or to be cut altogether.

This process is being conducted throughout the UAA system. The programs currently under assessment at The Mat-Su Campus are, General Associate of Arts, Electronics Technology, Agriculture, Fire Service Administration, and Computer Science.

All of the programs throughout the system are labeled as either A, B, or C level programs. Following the assessment of C level programs the B level may undergo the same process. The procedure will be finished by December.

At that time decisions will be made as to what changes should take place. Changes will not take place until fiscal year 96.

Commentary

By Wade Roberts

Instructor Evaluations

Did you know?..... Remember the two page questionnaires that students fill out with a number two pencil every semester in each class? On them students indicate their thoughts of the instructor's ability to teach and what could improve the class.

Have you ever wondered what happens to them or maybe what is more important, what good they are? Well, I can tell you where the location of a copy is and how they may be of use to you. So read on....

You will find the evaluations in the audio/visual room of the Mat-Su College library. They are available for viewing by anyone and everyone.

How are they of use to you? These evaluations date back a number of years. With this information you can track any given instructor's performance who has taught at Mat-Su Campus (according to students in the particular class). With this knowledge you may be able to make a more informed decision on which instructor is right for you. In short, the evaluations are there; use them to make a more informed decision about your future!

Let's Ponder.... Maybe we should take evaluations one more step. Students could evaluate all staff and personnel on campus. This perhaps could be helpful to the staff in knowing their weaknesses and strengths, and to their employers in future promotions and pay raises. How much more efficient could our campus be???

OPINION

Cultural Diversity: It Enriches Our Campus

By Kathleen Murphy

Just as it is throughout the United States, cultural diversity is abundant at Mat-Su Campus. We see many whose heritage is native to Alaska, along with many who are born in Alaska. It seems the majority of us, however, are from one of the lower forty eight states. To reach back even further, most of us have ancestors who were born in a country which is foreign to us. If our ancestors did not originate in this country, does it make us any less of an American? I think not. There are some people who do not like the prospect of more immigrants entering the United States. Some say we should ship them back. Others say we should close the borders. How can they say this when it's more than likely that the way *they* came to be Americans was through immigration. I realize that our country is becoming greatly crowded. But if it was these peoples' grandmothers wanting entrance, they might see it differently. And for many of us it probably was an ancestor who came to America for one reason or another. If the borders would have been closed then many of us would not be "proud" Americans today, America would be much less crowded, the natives would not have lost their land, and most of us would be speaking a different language than we do now. . How can we tell others they can't come here just because we were here first? Are we to say OK, this country is full now, you can't come in, unless we're related. Following are a few facts to show how many of us came to be Americans.

In 1740, the population of the entire thirteen colonies was only about one million. People were spread over a huge land area extending about 1,200 miles along the coast and a few miles inland. When the first official U.S. census was taken in 1790, only 3.9 million people, not counting Native Americans, lived in the entire original thirteen states. Ten years later (1800) that figure increased to 5.3 million. People who came as part of the earliest large-scale immigration in the 1800's settled in Northern and Midwestern states. The fact that Native Americans were already there did not trouble the young nation. They were either pushed aside, forced into reservations, or killed. The immigrants who replaced them during the early and mid 1800's were mainly from Ireland, England, Scotland, France, Scandinavia, and Germany, plus large numbers of Africans brought as slaves. Toward the end of the nineteenth century, the origins of immigrants shifted to Southern and Eastern Europe as millions of Italians, Poles, Russians, Czechs, and Hungarians arrived through Ellis Island in New York Harbor. Over the next five decades the population soared to 23.2 million, an increase of 400 percent. By the end of the nineteenth century, it had skyrocketed to 75.9 million. Few nations in history have ever recorded such an astonishing rate of population growth. The population of the U.S. now is one made up largely of the offspring of immigrants and is currently at just over 250 million. This rapid growth is largely a result of

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Letters to the Editor

To the Editor:

Every major election I am again amazed at how the liberal mainstream press coerces people into eating the same bucket of you know what, again. Every election it's the same old story, Democrats or Republicans. Here is the funny part, once the elected Democrat or Republican gets into office, they forget all about the promises they made. Then one can hear it everywhere, "I didn't vote for that S.O._!

Allow me to refresh the memory. President Clinton had the support of the entire gay and lesbian community but he turned around and stabbed them in the back with his wishy washy homosexual policy in the armed forces. As I recall, nothing has changed. It is OK to be a homosexual in the military, just don't tell anyone. Not only have the Gays wasted a lot of money to get Clinton elected, but now they have to walk around with political egg all over their face. Most of us would agree that having the President of the United States publicly embarrass us would not be fun. The Teamsters (and other organized labor) had a great amount of clout and helped put Clinton in office.

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STAFF MEMBERS OF THE MAT-SU MONITOR

Kathleen Murphy--Editor
Carolyn Long--Arts Editor
Kelly Pollock--Math Editor
Michelle M. McGehee--Staff Secretary
Sheri Weinberger, Wade Roberts--Guest Columnists
Amy Menerey--Copy Editor

The Mat-Su Monitor welcomes letters to the editor as well as guest columnists. Please see personnel in the Student Government Office for more information or drop material in our mail box at the College or mail to PO Box 2889, Palmer, Ak., 99645.

ARTS PAGE

BFA SHOW IN ATRIUM CANCELLED

by C. E. Long

Kim Donofrio has announced that she has cancelled her October show in the Mat Su College atrium due to recently raised insurance rates.

The artist, a Valley resident and Bachelor of Fine Arts candidate at UAA, said it is her understanding that due to thefts of art from the atrium that the deductable for student work is now $2000 per piece, payable by the student.

She stated her reasons for cancelling were that one of the stolen paintings was hers and that she felt the new rates are unaffordable for students.

A BFA candidate is required to give a formal presentation of her work such as a gallery show before graduation. Kim said that she regrets the lost chance to exhibit her water media paintings and fiber works at the school she considers her alma mater.

She feels if the college refuses to support its artists by providing a safe area for exhibitions that the whole community will miss out on some unique cultural opportunities. She would like to hear some ideas and solutions to this problem from the public.

DAFFY DEFINITIONS FROM POETRY

by celong

A crazy deejay: *Jabberwacky*
Alaskan spring: *What is as bare as a morning in May?*
Tasty steak: *A miracle of rare device*
Washington D. C.: *What a congress of stinks!*
Pudgy child: *The tot comes in on little fat feet*
Controversial but deliciously angled buildings: *Forgive Mies*
Revival of old-fashioned ice-boxes: *This is yesterday*
Nasally challenged: *A noseless, patient spider*
The lonesome lover: *Don Juan less traveled by*
A Communist farm implement: *A red wheelbarrow*
Feline leukemia: *Tiger, tiger, burning blight*

POEM

THEATER

As with the early sun
the dance has begun
and thus the birds
shall sing

As with a wounded heart
like a wing, in part
this prose is made
to bring

As with the diamond's eye
or an innocent young cry
the mind it shall set
to wing

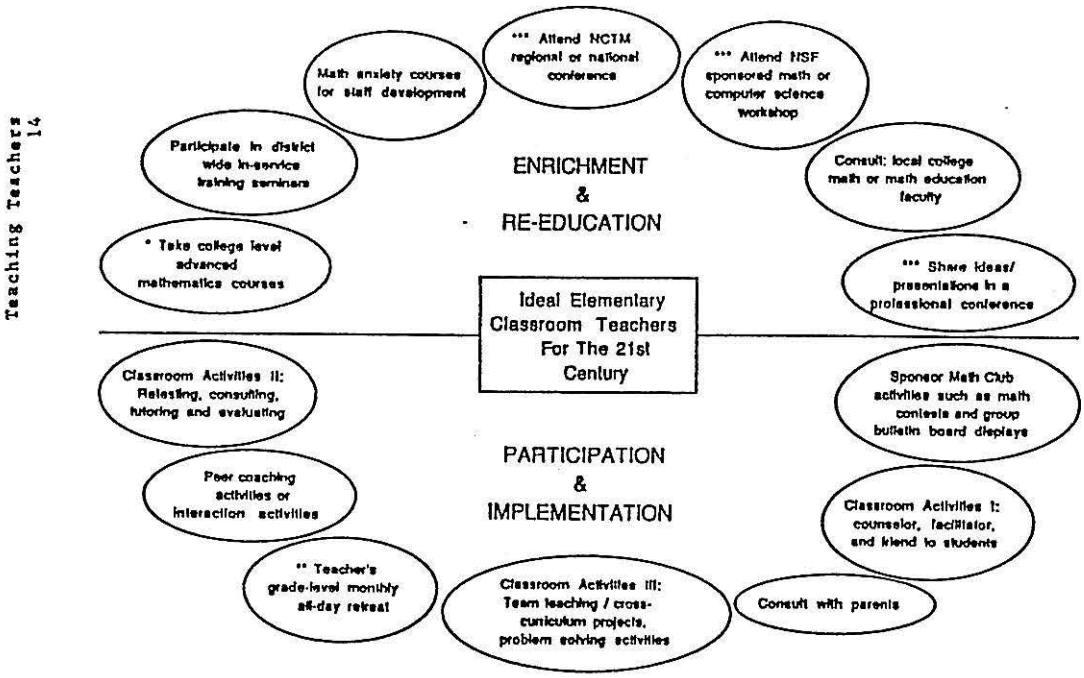
by Jester

Jester is a student at Mat Su College

<The Cube>

a presentation of the MSC Math Club
by Kelly Pollock

Dr. P.T. Chang, head of the Mat-Su math department, is devoted to the education of teachers, particularly in the area of mathematics. He has developed a model for the Ideal Elementary Classroom Teachers For the Twenty-First Century which illustrates points he feels are important. The best learning environment should be anxiety free and the teacher should be a friend and counselor to the students. Anyone who has taken classes with P.T. knows he practices what he preaches.


Teaching Teachers 14
Ideal Elementary Classroom Teachers For The 21st Century
ENRICHMENT & RE-EDUCATION
PARTICIPATION & IMPLEMENTATION
*** Attend NCTM regional or national conference
*** Attend NSF sponsored math or computer science workshop
Consult: local college math or math education faculty
*** Share ideas/ presentations in a professional conference
Sponsor Math Club activities such as math contests and group bulletin board displays
Classroom Activities I: counselor, facilitator, and friend to students
Consult with parents
Classroom Activities III: Team teaching / cross-curriculum projects, problem solving activities
** Teacher's grade-level monthly all-day retreat
Peer coaching activities or interaction activities
Classroom Activities II: Retesting, consulting, tutoring and evaluating
* Take college level advanced mathematics courses
Participate in district wide in-service training seminars
Math anxiety courses for staff development

* Minimum math literacy skills consist of Algebra, Geometry, and a few topics in Discrete Mathematics such as Probability and Statistics, Set Theory, and Graph Theory.

** Monthly all-day retreat should be held at a secluded, private resort, during a weekday other than in-service day. The school should provide substitute teachers.

*** The school should provide funds to support teachers to attend the workshop and conference.

Figure 1. Characteristics of Ideal Elementary Teachers for the 21st Century

– P.T. Chang (1994) –

REMEMBER TO VOTE!

DEMOCRACY IS NOT A SPECTATOR SPORT!

GOING BACK TO SCHOOL

By Sheri Weinberger

And so, here I am, back at school after too many years. Face to face with the pursuit of my dream of writing. Writing for other people. Writing words they will enjoy or relate to or learn from or maybe even buy. That would be a nice bonus.

I write because I want to write; not for any possible renumeration or acknowledgement, but because there are words and thoughts and ideas roaring around in my head that want to be born. They want to be given life and self-awareness. They want to have identity of their own, not be just "my" words. It's the birthing process that scares me. And that is why I am here.

Learning to write is not so much acquiring skills or techniques, though those are important too, but learning self discipline and realities. Writing the great novel or essay doesn't just happen because you have learned the meaning of words, the structure of a sentence, or the architecture of a paragraph.

It's the magical combination of thoughts and spirit and words that occurs only after hours, days, even years of stirring the pot of creative juices and hard work.

The hard work part doesn't bother me as much as the time. All through high school, required papers were written the hour or moment before turning them in; really big things might have gotten finished the early morning before.

And, whether it is indicative of the school and its expectations or some hidden capability on my part, I always did well on those papers. Some of them I can still repeat almost verbatim 21 years after graduating. That tells me the essence of the words was inside of me far longer than it took to put them on paper. Is this a good sign or just the rationalization of a lazy person?

It's interesting to note the flood of resistant thoughts that has been raging in me since I signed up for this class. All the reasons why I shouldn't be doing this. All the reasons I might fail. All the negative self talk. Many of the thoughts actually have voices, usually my mom's. "Don't try because you might fail" was the underlying theme in her philosophy towards life.

And so she died with a huge list of things in the "round to it" category. I don't want to do that. Potential failure is a mighty small price to pay for potential dream realization. For that matter, what's the big problem with failure? It's all perspective. "Life is for learning," a famous and favorite musician once sang. At least in my life experience, some of the most important lessons have come through something that didn't turn out as I had anticipated.

Am I scared? You bet. 39 years of taking well traveled paths is a hard habit to break. Coming face to face with dreams usually also means confronting fears. And that is what going back to school is all about for me: being surrounded by the structure and discipline needed to withstand the onslaught of furious fears which resent being challenged, learning to have the strength to give birth to new creations, and learning to nurture those new lives to maturity and completeness.

Get to Know Your Faculty, Staff, and Fellow Students

Fellow student, **Yolandia Rodland**, won the title of Miss Sunburst of Wasilla, Alaska over the summer. Yolandia, who is a sophomore at MSC, is majoring in medicine and wants to become a Physician's Assistant. The beauty contest she won was held at the Cottonwood Creek Mall. She was chosen as first in the overall adult category and has won a trip to Georgia where she will compete to become Miss Sunburst USA. The winner of the title receives a $10,000 scholarship along with other prizes. Way to go Yolandia! and good luck in Georgia!

Congratulations to **Chun** and **Boon Park** on the birth of baby **Justin** who was born September 28. Chun and Boon have been keeping us well fed the last couple of years running the cafeteria.

When confronted with the question of whether or not he has a twin, School Director **Glenn Massay** commented that he has been looking around for "that other guy."

Mark Ewing, president of the MSC student government, was recently elected as Speaker of the Coalition of Student Leaders of the University of Alaska, which is also known as the NET.

The NET is formed from representatives of the student governments organized at all of the statewide branches of the U of A system.

The Mat Su student government is an active member of the NET, sending representatives from the college to various meetings around the state and participating in teleconferences held several times monthly.

Breakfast

continued from page 1

students who had lower IQs did not perform as well and made more errors.

From this, Pollet concluded that skipping breakfast had a more negative effect on some students.

The effects of skipping breakfast on college students could be the same or worse than the effects on children, according to Dr. Steven Zeisel, head of the department of nutrition at the University of North Carolina School of Public Health.

He said although no one had studied the relationship between the breakfast habits of college students and their academic performance, there was no reason to believe they would not have the same reactions of the younger students.

"Their performance on testing in the midday will be affected by not eating breakfast," Zeisel said.

Zeisel said eating breakfast was important because the body had almost depleted its energy sources between the hours a person sleeps and wakes up. He also added that the brain was not fooled by substitutes for true breakfast foods, such as sugary candies.

"Our brains sense certain nutrients," Zeisel said. "The reason we eat meals in the pattern we do is because the body needs it."

He recommended a breakfast containing carbohydrates, protein and a limited amount of fat, such as fruits and cereals, which he also mentioned could help prevent heart disease and certain cancers.

Diversity

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immigration. In fact according to Bureau of the Census estimates, another 25.4 million people will be added during the 1990's alone. Although births are declining, large numbers of immigrants (legal and illegal) will come from Mexico. Others will arrive from Asian countries, South America, and the Caribbean.

Attempting to stop the flow of immigrants would be like cutting off our own rights to be here. Did we forget The Statue of Liberty? "Give me your tired, your poor, your huddled masses, yearning to breathe free..." When did we become so hateful?

Cultural diversity is what America is all about. Let's face it, cultural diversity *is* America, it enriches our lives just as it enriches Mat-Su College.

What Students Should Know About Financial Aid

It's NOT too late to apply for financial aid--even for THIS (FALL) semester!

Applications are available at the financial aid office for Federal and State Student Loans and Federal Pell Grants.

The Alaska State Student Loan program has loans for both full and part-time students. To qualify for the part-time student loan, you need to enroll in at least 6 credits. You may borrow up to $1,000 per semester as a part-time student. If you are a full-time student (carrying 12 credits), you may borrow up to $2,750 per semester, or a total of $5,500 per year from the State of Alaska. You must have lived in the state one year prior to applying, and must be in good student standing.

Federal Pell Grants are based on need. Use the Free Application for Federal Student Aid to apply for Federal Pell Grant and Federal Loans. A copy of your Income Tax Form 1040 is needed to fill out the FAFSA, or (if you weren't required to file an income tax form), other income documentation, such as an AFDC printout, can be used. The maximum Pell Grant you can receive as a full-time student is $1,150 per semester, or a total of $2,300 per year. It will cost you a 29-cent stamp to find out if you qualify for Pell Grant. It's money well spent!

Good student standing is required on all financial aid, but if you had a "problem semester" in the past, it MAY still be possible to get financial aid. Check with Barb at the financial aid office if you have questions about this.

Financial Aid is not INSTANT help. It takes time to get the paperwork through the hoops. An Alaska Student Loan takes about three weeks from the time of application till the loan check arrives. Pell Grants take at least 3 months.

January of 1995 is the time to apply for both Federal and State Aid for Fall 95/Spring 96. It's always best to apply for your financial aid MONTHS in advance of when you'll need it, but, as we mentioned before, it's not too late to apply for financial aid NOW, for Fall 94/Spring 95 semesters.

Letter,

cont. from page 2

Again the supporters were stabbed in the back. This time with NAFTA, (just wait until GATT!). In fact, Clinton has stabbed all the American workers in the back with NAFTA. NAFTA directly pits the wages of the American worker against the wages of the Mexican worker and this results in two things. First, Americans will lose jobs. Second, those who do not lose their jobs will be faced with a higher tax bill because there will be less workers paying taxes.

The Office of the President has been held by both Democrats and Republicans but there doesn't seem to be much difference in many areas. Take the national debt for example.Why has it continued to SKYROCKET?

Tax and spend. Possibly without exception all the Democratic and Republican National Congressional Officers belong to the Council on Foreign Relations and the Tri-Lateral Commission (those agendas have nothing to do with America and everything to do with the New World Order). From the bowels of these organizations come such questionable policies as America alone paying 25% of the cost of running the UN. One can only wonder how many billions that must be.

Tax and spend. Why is international trade being arranged to relocate companies to other countries? Since the implementation of NAFTA, 3,000 factories have moved to Mexico. Our jobs go out the door and another layer of government is added to oversee the new trade deals. NAFTA had the support of both Democrats and Republicans.

Ladies and Gentlemen, there is no difference in the two "parties." They both have the same tax and spend philosophy. Oh, you hear about a program here and there that might save the "vanishing middle class" some money, but let's face it, when all the taxing is done, the working stiff is still paying over 40% of his or her total income in taxes! When is it all going to end?

Now for the good news. I have the answer to that question. It isn't going to end...until the people of this great nation put the kabosh on lobbyists, politics as usual (How about that 2% sales tax in Wasilla?), and start holding our "public servants" accountable. It is interesting to note that Wasilla Mayor John Stein just received a $9200 a year increase plus benefits and city attorney Richard Deuser received a $30 an hour increase, from $90 an hour to $120 an hour, even though state revenues have taken a nose dive. Politics as usual, tax and spend.

Many people have accused me of "throwing away my vote" because I didn't vote for a mainstream candidate (Democrat or Republican). The truth of the matter is, if we don't vote for the person who wants what we want, THEN we have thrown away our one and only vote. We must not vote for the lesser of two evils but vote for the candidate we want. Vote your conscience and don't throw your vote away!

Now for the bad news. We are going to have to give up some of our free time and invest it in the future of our country. In other words, get involved in the political process. Not only do the American people have to stop thinking Democrat or Republican, the American people must move into action. Maybe we should take our sons and daughters down to our candidate's office and stuff some envelopes, make telephone calls, or put up some signs instead of going out on the four wheeler, etc.

If the American people forget that freedom is not free, then freedom will slip from our hands.

As a country, we have lost our focus. We must get back to basics. Unless your candidate is advocating bringing back the Constitution and the Bill of Rights, keep looking. Don't be fooled by double-talk. The Constitution and the Bill of Rights have no double meaning. Even a simpleton like this writer can understand the Bill of Rights. When we get back to basics, a multitude of problems will fade like dew before the morning sun. We MUST get back to the Constitution and the Bill of Rights.

Coach Vince Lombardi was undoubtedly one of the greatest football coaches of all time. He was big on basics. The Basics of offense, defense, and moving the ball forward were his utmost concern. He would always begin spring training with a heart to heart talk with the players. On the first day of spring training he would stroll through the ranks of human giants and hold a football high above his head.

"Gentlemen," he would say, "This is a football!"

Exercise your personal power. Say to the public servants of America, "Ladies and Gentlemen, this is the United States Constitution!"

Sincerely,
Kim Allen Kelley

REMEMBER TO VOTE!

DEMOCRACY IS NOT FOR SISSIES!

HALLOWEEN!!

IS COMING ...

THERE WILL BE A

REALLY

SPOOKY SCAREY

HALLOWEEN COSTUME CONTEST

ON OCTOBER 31 IN THE MSC ATRIUM FROM 3:00 TO 7:00 PM.

There will be free cake, cookies, coffee, tea, and punch for all as well as genuine *MONEY,* yes, money prizes, folks, for the best Halloween costumes among students. Prizes will be given for First ($50), Second ($35), and Third ($15) neatest outfits. Prizes will be in the form of redeemable for cash certificates at the Business Office. Judging will start at 5:00 pm.

Faculty and staff are invited to also dress up and the best of those will receive a surprise from anonymous...

NOTICES

ART CLUB meets October 25 at 6:00 pm in the Art Room.

ART FILM November 1 at 6:00 pm in the Art Room: **"Why Does Man Create?"** Matisse will bring the popcorn. The film is free to the public.

ASHRAE meets November 3 at 6:00 pm in Room 108 or LRC.

COMPUTER CLUB meets October 21 at 7:30 pm in Room 211.

MATH CLUB meets October 28 at 3:30 in Room 212.

STUDENT GOVERNMENT meets October 28 at 5:30 pm in Room 108.

Earth, Fire, and Fibre XX slides are due at the Anchorage Museum of History and Art by October 28. Call 343-6122 for more info.

Campus Center Gallery at UAA shows: **"ART AS A FORM OF PRAYER"** closes Oct. 27, **"ETHOS"** runs from Nov.3 - 17 and the opening is Nov. 3 from 4:30-6:30 pm.

TIM KIMBROUGH was elected as MSC Representative to the NET.

RED RIBBON WEEK runs from October 23 through October 31. Ribbons available at student government office.

SILLY SOCK DAY is October 26. Everyone wear a silly sock!

MAT SU MONITOR wants to start a classified ad section free to students. Leave ads in student newspaper mailbox and they will appear in the next issue of the paper.

FALL BACK ON OCTOBER 30, 12:01 AM